



HATCHINGS from the USS BELLEAU WOOD (LHA-3)

Commanding Officer: Capt. C.R. Solem
October 2002



CAPTAINS OUTLOOK



The ship continues to excel in its operations in support of our tasking by the Commander of the Fifth Fleet and we remain ready to conduct any of our primary missions. We are operating with the ships of other nations and the US Navy close by. The BELLEAU WOOD Amphibious Ready Group is a powerful instrument of our nation's foreign policy and with the uncertainty of current events in this region, we continue to train for any contingencies. The ship's movements and operations remain classified and speculation in the press should be treated as just that, so the lives of our sailors and marines are not jeopardized.

The support and sacrifices made by our families so we can make contributions to the War on Terrorism are greatly appreciated by me and the crew. There were many sailors studying for and taking advancement exams, so we hope that the receipt of results in early December will include promotions for many.... they deserve it.

With warmest regards,
Captain Craig Solem

the EMPOWER YOURSELF ARG

"The best learning environment is the one where you don't know you're learning."

Finances are the number strain in relationships. It has the potential to mame and destroy, BUT it doesn't have to!



EYA presents "FUN with MONEY", Tuesday, October 8th, at the Murphy Canyon Chapel from 6:30 to 8:30 pm. In an interactive and creative environment, we will expose the truth about money conversations, as well as discovering empowering and creative ways to grow your money tree.

It is open to **all** family and friends of the ARG - USS Belleau Wood, USS Denver and USS Mount Vernon.

Bring your friends, co-workers and neighbors. Child care is provided. If you have a teen who would like to earn a few extra dollars being part of our child care team, email or call the ombudsmen.

TEAM OMBUDSMAN

With homecoming just around the corner of our eye, anxiety and anticipation can become challenging emotions.

Getting involved with the Family Matters activities, EYA, or creating a focus list (things to focus on other than deployment) can drastically reduce their effect.

If you have time, volunteering in your community, in your child's school or with the NMCRS (this month's spotlight) or other such agencies can provide a positive outlet for stress enhanced energy. Whatever it is you choose to do - add laughter EVERY day!

Thank you for your footprints of love and support,

Kelley & Cindy

YOU ASK...WE ANSWER

Q. "Why is my email being returned?"

A. Refer to You Ask...We Answer for August 2002.

Q. "Isn't it true that volunteering is just a nice way of saying 'lets get together and gossip?'"

A. NO - Absolutely not! We are committed to higher standards. Gossip and rumors destroy lives.

Q. "Is my conversation/email with the Ombudsmen confidential?"

A. Yes, unless the well-being of yourself, a family member, or service member is endangered. If the conversation and/or circumstances jeopardize your well being the confidentiality circle expands to include, but is not limited to, the command and any others entrusted by the Captain.

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

- Sir Winston Churchill (1874-1965)

From the desk of... Father Shaughnessy

Forgiving

Doris Donnelly wrote a book entitled, "Putting Forgiveness into Practice", which contains the following story: A seven year-old boy was riding in the back seat of the family car, while his mother was driving. On this particular day his mother was feeling distraught over having been abandoned by her husband and the father of this boy. Suddenly, in a fit of anger, she turned around and struck the seven year-old boy in the face. After the slap in the face she yelled at him, "And you! I never wanted you. The only reason I had you was to keep your father. But then he left anyway."

That incident was repeated in the boy's memory for many years. And his mother reinforced her feelings toward him many times. Years later that son related the following to Doris Donnelly: "I can't tell you how many times in the last twenty-three years I have relived that experience. Probably a thousand times." Then he added, "But recently I put myself in my mother's shoes. Here she was, a high school graduate with no money, no job, and a family to support. I realized how lonely and depressed she must have felt. I thought of the anger and pain that must have been there. And I thought of how much I reminded her of the failure of her young hopes. And so one day I decided to visit her and talk to her. I told her that I understood her feelings and that I loved her just the same." After that encounter with his mother she broke down and cried in the arms of her son. It was the beginning of a new life for both of them and their relationship.

The above story is an example of the healing power of forgiveness. Shakespeare wrote that when we forgive we are "twice blest." It blesses the individual who forgives and the one who is forgiven. The young man in the story stated that when he forgave his mother, it was the beginning of a new life for him. For example, a young man who forgave his father after they had not spoken for seven years said of the experience: "It was like being released from prison. I was free and happy for the first time in seven years."

Secondly, forgiveness also blesses the one who is forgiven. Again we recall the young man in the story. When he forgave his mother it blessed her and literally healed her. She was transformed from someone who was so bitter that she told her son, "I hate you and never wanted you" to someone who told him, "I love you and want you with all my heart."

But what do we do when we find that we cannot forgive someone? Again, the answer is in the story of the young man. What made the difference between his ability to forgive his mother and his inability to do so was his changed perception of her life. He no longer saw her as a terrible person who said a terrible thing to a little boy. And once he saw her in this new light, he could understand how lonely and depressed she was. Rather, he saw her as a high school graduate with few options and no money and a family to support.

Let's close with the Prayer of St. Francis:

"Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

Grant that I may not so much
seek to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned; and
it is in dying that we are born to eternal life."

Family Matters Frolic with Fall is Sunday, Oct. 13th, 2 to 5 pm at Admiral Bakers Field. We'll have carnival type games for the kids to play - prizes to win - a cake walk and a Pie Contest. Bring your favorite homemade pie and you could win a special Fall prize.

Families with last names A-M bring finger foods; N-M snack foods.

Everyone is welcome! If you haven't joined us yet, come Frolic with us as we celebrate the arrival of Fall.



Welcome Aboard **Brianna Van Dusen**, - a daughter born to PO3 Van Dusen and **Kelena Mendez**, a daughter born to AOAN Mendez. Are you expecting a **New Hatching**? Do you have a **New Hatching**? Please let us know by emailing or calling the careline. We would love to share your upcoming arrival or new arrival! New Dads will be the first off at Homecoming. New dads are defined as those who have had a baby during deployed months only.

How to Simulate Shipboard Life at Home

Since we've asked our service members to play Lingo Showdown to discover what we've been doing; we thought it only fair for us to discover what life might be like out there.



Lock yourself inside and board up your windows with all your friends and family outside. Communicate only with letters that your neighbors hold for 4 weeks before delivering; losing one out of every five. Have your friend or neighbor yell "MAIL CALL" at your door; four out of five times saying, "You didn't get anything."

Listen to your favorite CD 6 times a day for two weeks. Then play music that causes acute nausea until you are glad to get back your 'favorite' CD.

Remove all plants, pictures, and decorations. Paint all furnishings



and walls gray, white or the green shade of hospital O.R. smocks.

Prepare all food while blindfolded, using all the spices you can grope for (or none at all) to simulate shipboard food. If the food does not stick to an inverted plate when cold, use more lard.

Shower water should either be all hot or all cold. When you get all soaped up, (soap on face, shampoo in hair), have your neighbor shut off the water.



Work 18-hour cycles, sleeping only four hours at a time, to ensure your body doesn't know or care if it's day or night.

Set your alarm clock to go off at the snooze interval for the standers and night crew schedule waking you up. Place your bed on from side to side for the remaining 3 hours. Alternately use custom lice whistle, and a punk rock band combined. This will simulate will get accustomed to ignoring your regular alarm clock.



first hour of sleep to simulate alarms of watch-a rocking chair, to ensure that you are tossed alarm clocks that sound like a fire alarm, po-various drill alarms onboard the ship, so you

Cut your hair weekly, making it shorter each time, until you are bald or look like you tangled with a demented sheepshearer. Have a friend or neighbor tell you to get a haircut at least once every other day, whether you need it or not.



Cut a twin mattress in half, lengthwise, and enclose the sides. Add a roof that prevents you from sitting in any position at all (10 inches is a good height), and place it on a platform so that it is at least 6 inches off the floor. Place a dead animal under your sheets to simulate the smell of your bunkmates laundry and sheets. Whenever possible, have someone take your pillow or blanket to simulate that special camaraderie that exists only onboard US Navy vessels.

Did You Know?

You can surf the web for valuable military information? Here are few websites we've discovered.

RAPIDS - www.dmed.osd.mil/ (for ID card locations)

TriCare Dental Program - www.ucci.com

Navy Housing - www.housing.navy.mil/

Military Child Education Coalition –
www.militarychild.org/

STOMP (specialized training for military parents)
www.washingtonpave.org/stomp.html

DANTES (Volunteer Education Program)

Www.voled.doded.mil

Surf the net with your kids -
www.surfnetkids.com

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
☆☆ You, our best, brightest and bravest ☆☆
☆☆ are in our thoughts today and every- ☆☆
☆☆ day. From the Atlantic to the Pacific. ☆☆
☆☆ Old Glory is still flying from cars and ☆☆
☆☆ trucks, and is proudly displayed on ☆☆
☆☆ countless front porches and lapels in ☆☆
☆☆ support of your dedication and devo- ☆☆
☆☆ tion to duty You are in the hearts of ☆☆
☆☆ all Americans. We pray for your safe ☆☆
☆☆ return. ☆☆
☆☆ By: Abigail Van Buren aka Dear ☆☆
☆☆ Abby ☆☆
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SPOTLIGHTing
Navy Marine Corps Relief Society
www.nmcrrssandiego.com

The Navy-Marine Corps Relief Society is a nonprofit charitable organization designed to provide financial, educational, and other assistance to member of the Naval Services of the United States, eligible family members and survivors, when in need.

The Society offers budget counseling, junior sea bags, information on education loans and grants, interest-free loans and/or grants and coordination with civilian agencies.

When you or your eligible family members require assistance, you may apply for assistance at any Navy-Marine Corps Relief Society office, or at their "sister" military agencies: the Air Force Aid Society, Army Emergency Relief or the Coast Guard Mutual Assistance.

The Society is always looking for members to be part of their Volunteer Team, visit their website at www.nmcrrssandiego.com or call (619) 238-1060, for more information regarding volunteer opportunities as well as accessing services.

"Let us help you find solutions to those problems that you can't solve alone!" – NMCRRS

What's that NUMBER again?



Careline: 877.668.8036 or 619.699.8469

Email: bwdombudsman@hotmail.com

Emergencies : 619.666.9624 or 619.666.9628

Family Matters Activities : 619.699.8469 x3
 out going message only.

Website: www.lha3.navy.mil

Lingo REVERSE Showdown



We want your service member to win **FIRST KISS!** We want to know how much they know about what has been going on back home. Belleau Wood crew members submit your answers to bwdombudsman@hotmail.com. Include your contact information as well as your spouse's information. All submissions no later than **10/20/2002** and must come from a lha3.navy.mil email address.

Congratulations to September's winners **Marina Farillas**, spouse of ABH3 Alberto Farillas and **Gail Meadors**, spouse of AO1 Tony Meadors.

October's *REVERSE* Lingo is:

Hatchings - What is it and who does it?

Family Matters - What was the first event?

EYA - what is this and why was it created?

OPNAVINST 1750.1D -Who does this describe and what are they not?

Half Way - How was this celebrated?

FFSC - Name 3 services provided.

Deployment - Name the stages.

Bonus:

What is the Captain's number one priority and describe how this is carried out.



GOOD LUCK

OPERATION: TIGER CRUISE

If your service member registered you, a family member, or a friend for this event, you should have received a registration packet. If you did not, email your service member as soon as possible. Space is limited. Remember the dates are tentative due to our current participation in Operation Enduring Freedom.

Questions and or concerns, regarding this should be addressed to your service member directly. If you have received your packet, please contact RP2 Williams at (619) 556-5191 or email her at williams.lashawn@cp3.navy.mil with your questions or concerns.

Spouses and Significant others are not permitted.



"Knowledge speaks, but wisdom listens." - Jimi Hendrix